

THE NAVAJO NATION



JONATHAN NEZ | **PRESIDENT** MYRON LIZER | **VICE PRESIDENT**

November 17, 2022

Navajo Department of Health Health Advisory Notice (HAN) COVID-19 Community Advisory No. 104 —Safety Precautions

WINDOW ROCK, AZ – The Navajo Health Command Operations Center is issuing high transmission of COVID-19 advisory for the following communities. The cases reflect dates November 3 – 16, 2022. The advisory will be in effect until the high transmission and cases decline.

The following communities are identified as having uncontrolled spread of COVID-19:

| | | | | |
|---------------|-------------------|----------------|-----------------|--------------------|
| Baca/Prewitt | Dennehotso | Many Farms | Red Valley | Teesto |
| Bread Springs | Gadiiahi | Naschitti | Rock Point | Thoreau |
| Chichiltah | Ganado | Newcomb | Rock Springs | Tohajiilee |
| Chinle | Hogback | Pinedale | Rough Rock | Tohatchi |
| Churchrock | Indian Wells | Pinon | Sanostee | Tsaile/Wheatfields |
| Counselor | Inscription House | Pueblo Pintado | Sheepsprings | Tsayatoh |
| Cove | Iyanbito | Ramah | Shiprock | Tselani/Cottonwood |
| Coyote Canyon | Kayenta | Red Lake | Tachee/Blue Gap | Twin Lakes |
| Crownpoint | Lukachukai | Red Rock | Tecnospos | Upper Fruitland |

All residents should take precautions to protect their health from the spread of COVID-19. Individuals with the following conditions are at higher risk of being affected from COVID-19.

| People at Increased Risk for Severe Illness | Might be at Increased Risk for Severe Illness |
|---|---|
| <ul style="list-style-type: none">• Older Adults• Cancer• Chronic kidney disease• Chronic obstructive pulmonary disease• Heart conditions• Immunocompromised state• Obesity and severe obesity• Pregnancy• Sickle cell disease• Smoking• Type 2 diabetes mellitus | <ul style="list-style-type: none">• Asthma• Cerebrovascular disease• Cystic fibrosis• Hypertension or high blood pressure• Immunocompromised state• Neurologic conditions, such as dementia• Liver disease• Overweight• Pulmonary fibrosis• Thalassemia• Type 1 diabetes mellitus |

All residents should practice health and safety measures:

- Get vaccinated.
- Wear a mask in the public.
- Avoid close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.

- Clean and disinfect frequently touched surfaces daily.
- Avoid touching your face, nose, and eyes with unwashed hands.
- Clean and disinfect your vehicle, home, workspace and other common areas on a regular basis.
- Social distance - keep 6 feet between yourself and others.
- Limit gatherings with individuals outside your immediate household.

For more information, including helpful prevention tips, and resources to help stop the spread of COVID-19, visit the Navajo Department of Health's COVID-19 website: <http://www.ndoh.navajonnsn.gov/COVID-19> . For COVID-19 related questions and information, call (928) 871-7014.